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HOMEMAKERS' CHAT

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U. S. DEPARTMENT
OF AGRICULTURE
OFFICE OF INFORMATION

Monday, September 18, 1944

Subject: "Milk Conservation" Information from Office of Distribution officials of the War Food Administration.

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War Correspondents in the various theatres of war have written any number of stories mentioning the importance of milk and milk products for our boys stationed throughout the world. Military demands for milk are increasing. That means less milk for the home front...especially since milk production is on the decrease at this season of the year. Each year the summer months bring the peak of milk production, with a steady decline toward fall. The latest reports from the War Food Administration indicate that the milk situation for this fall will be something like this: enough milk to meet all essential needs, but not enough milk for all demands.

No homemaker will mind being thrifty with milk when she realizes how important milk is to our overseas servicemen. It's one of the most important foods the soldiers get because it gives them calcium, high-quality protein, Vitamin A, and riboflavin. Of course, our overseas servicemen don't get large bottles of rich, creamy milk like those we can buy. Because of the perishable qualities of fresh milk, it has to be sent overseas in other forms. Our Armed Forces overseas are sent whole milk powder or evaporated milk. Although whole milk powder has a different texture, it contains the same amount of food value as fresh milk.

Servicemen returning from overseas duty often vouch for the high place held for fresh milk. One story tells of each serviceman recently returned from the battle front, drinking a quart of milk just for the pure joy of tasting it. Other stories indicate that milk is high on the list of foods most desired when servicemen return home.

Our English Allies really know what it is not to be able to buy as much milk as they want. The average civilian in Britian is allowed only two pints of milk each week. These two pints have to include both the milk for cooking and for drinking. Of course, young children and special cases are allowed more than this. The British people have to be under a strict ration such as this because of the milk shortage in Great Britian. It takes a great deal of supplies and manpower to take care of dairy herds. In addition, much of the land that was formerly used for pasture space has been plowed up to grow grains and root vegetables.

The knowledge of the importance of milk to our servicemen and our Allies should spur every American homemaker to greater efforts toward conserving her supply of milk. One thing that everyone can do to help conserve milk is to bring it in off the porch early in the morning. Get it into the refrigerator or ice box as soon as possible after it has been delivered. And if you buy milk at the grocery store, be sure to put it away as soon as you get home.

Keep the milk covered when it's in the refrigerator. That's one reason why it isn't a good idea to store milk in a pitcher. It's difficult to cover a pitcher. A covered container will keep strong odors from penetrating the milk. So use a clean bottle or jar for storing the milk. And don't try mixing yesterday's milk with today's.

Occasionally you may have some milk sour. Try one of the delicious dishes that can be made from sour milk or cream. Sour milk has the same food values as whole milk and sour cream equals sweet cream in food values.

You might use sour milk in cakes or some of your quickbreads such as muffins or waffles. Use sour cream for garnishes and salad dressings. Whipped sour cream is the basis for many of the most flavorful of salad dressings. Remember to keep it cold while it is being whipped and don't whip it too long.

A spoonful of whipped sour cream served on top of a bowlful of cream peas, bean

or beet soup is a delightful taste contrast. Whipped sour cream seasoned with sugar, salt, pepper, lemon juice, and vinegar is excellent when served with cabbage, cucumbers, and lettuce.

One of the old time recipes for sour cream and milk was sour cream gravy made from pan drippings of fried ham, veal cutlets, chops, or fried chicken. The recipe recommends using two tablespoons of flour for every 1½ cups of sour cream. Add the unheated sour cream to the thickened pan drippings.

If your family enjoys fish, you may want to try sour cream horseradish sauce. Whip one cup of sour cream and season it with salt and sugar. For every cup add 6 to 8 tablespoons of grated horseradish.

Don't let any milk or cream go to waste.

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